

6150 Foreland Garth
Columbia, MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

March 2018

Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm

www.howardcountyaging.org



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|--|----------|--------|
| | | | 1 | 2 |
| 5 | 中国式健身操 9:00am Lingham 警官 11:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 6 | 中国式健身操 9:00am 中国歌曲 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm 7 | 8 | 9 |
| 12 | 中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 13 | 中国式健身操 9:00am 中国歌曲 10:00am 午餐 12Noon 韩国教会 2pm-4pm 没有乒乓球 14 | 15 | 16 |
| 19 | 中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 20 | 中国式健身操 9:00am 答对了 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm 21 | 22 | 23 |
| 26 | 中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 27 | 中国式健身操 9:00am 中国歌曲 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm 28 | | |